

# The Signature

Vol. 19 No. 47

Naval Air Station Sigonella, Sicily

Friday, November 29, 2002

## Food baskets help bring Sigonellans happy holidays

By JO2(SW) Brian Johnson  
*Staff writer*

For most Americans the word holidays equates to big meals with friends and family, but for some Sailors the expense of big Thanksgiving and Christmas meals are just too much for their budget.

The Religious Ministries Department with help from volunteers and donations from the Chief Petty Officers Association, and the Public Works Department are helping Sailors on a tight budget have the big holiday meals, through the Holiday Assistance Program.

The Holiday Assistance Program started in 1995 as a dinner for anyone who wanted to attend and over the years has evolved to it's present state as a basket of food for the recipients to prepare their own meals for their families.

The baskets contain items such as corn, green beans, fruit cocktail, mashed potatoes, stuffing, cranberry sauce, yams, gelatin, and a gift certificate for either a turkey or a ham.

"Volunteers spent all day [Nov. 21 - 22] putting these baskets together," said RPCS (AW/SW/FMF) Johnnie Hicks, of the Religious Ministries Department. Hicks also points out "all of the food in the baskets was donated by



people."

Since time and money were donated the religious ministries department has set up some guidelines to keep the program from being abused. "Anyone interested in getting a food basket for Christmas they should talk to their LCPO and have their name submitted for approval by Dec. 16," Hicks said. "It's important to point out that just because someone wants to get a food basket doesn't mean they will, they have to be approved by their command master chief or LCPO. This process is to prevent abuse of the system, because the program is aimed at junior Sailors, single Sailors and families on single incomes."

The program helps everyone involved from the volunteers to the recipients have a happier holiday and gives them a feeling of camaraderie. ACAN Michelle Cole, a volunteer, thinks the program "is a great contribution to the community that enlightens the spirits of everyone involved and gives a greater sense of community."

PC3 Valencia Dickens says the program is good and hopes to have a happy Thanksgiving because of it.

About 122 baskets were put together for Thanksgiving and Hicks is expecting about the same numbers for Christmas, but reminds everyone that the deadline to get your name on the list is Dec. 16.



This year's food baskets were wrapped in colorful cellophane to give them a nicer appearance than the boxes used in previous years. The baskets contain such staples of the Thanksgiving meal as cranberry sauce and stuffing.

### New gas prices

Effective Dec. 1, gas coupon prices will increase due to the annual renegotiation of the NATO forces gas prices contract. The new gas prices will be as follows:

Unleaded/Diesel Gas	100L book \$38
Unleaded Gas	200L book \$76
LPG Bombola	50kg book \$38
LPG Bombola	100kg book \$76
LPG Bombola	200kg book \$152
LPG Bulk	400L book \$125

There is no change in the price for oil. It is important that NATO Forces POL Coupons are

completed in all parts (dated, legible signature and vehicle's plate number) at the time of refueling. Coupons are to be used only at AGIP and ESSO gas stations.

NATO Forces coupons may only be used for the product authorized and cannot be traded or exchanged for other products.

The illegal use of Tax Free products is a violation of the Uniform Code of Military Justice (UCMJ) and Italian customs/fiscal laws and may result in revocation of privileges by Base Commanders.

## Sigonellans rush to save bird of prey



By JO2 Jay Price  
*Editor*

Over the course of history, doctors and nurses have gone through some out of the ordinary measures to save human lives; the same is true for the animal specialists on NASSIG.

Last Friday, the Veterinary Clinic received a patient a little out of the normal as a patron scooped up a live hawk that was, injured, on the side of the road.

Army Capt. Kim Lawler and her crew of veterinary specialists, who mostly care for dogs and cats, met the stranger and were ready to help the best way they could.

The hawk's injuries included, "a fractured wing with internal hemorrhaging and a ruptured air sack," said Lawler. Lawler speculated that the hawk had flown head first into a telephone pole or possibly flew too low and was clipped by a moving vehicle.

About an hour after the bird arrived to the vet clinic, it was put under anesthetics so the team could access the wounds, but one sign said this bird was in grave danger.

"The bleeding out of its nostril means it's internally hemorrhaging," explained Lawler, a sign that the hawk would not live through an



Army Capt. Kim Lawler, (top left) and her assistant Jill Michalski went through several standard checks to see the status of the hawk's wounds. Among those wounds were wing fractures and a ruptured air sac.

operation, and would only suffer without one. "The only humane thing is to put him down."

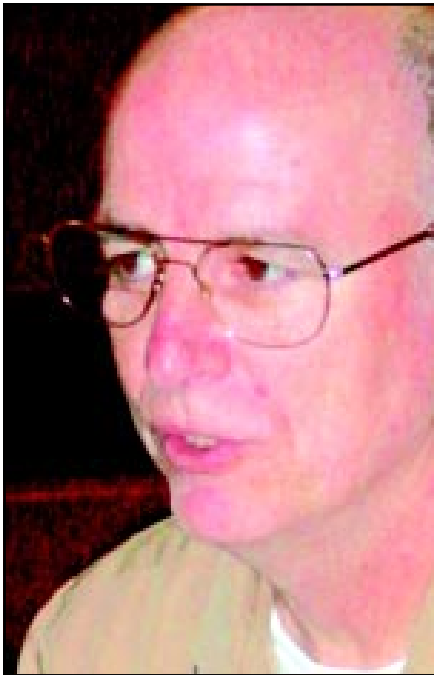
Though the hawk's life could not be saved, the veterinarian's heroics and determination showed that they were up to the job.



By JO1 Craig Coleman  
*Assistant PAO*

He began his presentation at the holiday safety standdown by singing "It's a Beautiful Day in the Neighborhood," the Mr. Rogers theme song.

Doctor continued on page 6



Capt. Myron Almond

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Italian phrase  
of the week...

Viaggia molto?



Do you travel a lot?



SECURITY BLOTTER



Helping make the community aware

CRIME STOPPER'S HOTLINE 624-6389

Nov. 18 - Nov. 24

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 12

Traffic accident with injuries - 2

Car break-ins - 7

DUI - 0

DUI's 2002 - 32

DUI's 2001 - 33

The Signature

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Direct Line

Capt. Tim Davison, NASSIG  
Commanding Officer



Beginning in 1621, the Pilgrims and Native Americans enjoyed a harvest feast in Plymouth, Massachusetts. This feast may have become the model for today's American celebration. Officially, the first Thanksgiving of the new United States of America occurred in 1777 when General George Washington and his army, as instructed by the Continental Congress, stopped in bitter weather in the open fields on their way to Valley Forge to mark the occasion. There is a stained-glass picture of Gen. Washington kneeling in the snow at the chapel in the Pentagon that commemorates this event.

Washington's first proclamation after his inauguration as the nation's first president in 1789 declared Nov. 26, 1789, as a national day of "thanksgiving and prayer." There have been several changes to the actual day we celebrate Thanksgiving over the years, but President Franklin D. Roosevelt finally changed Thanksgiving to the fourth Thursday of November.

There are many countries around the world that celebrate some type of thanksgiving. For example, some historians link the Jewish observance of Sukkot in the Fall to our Thanksgiving. Some countries and religions have their own rituals, observances and liturgies that express thanks and gratitude.

Typically, Thanksgiving is an American holiday, and I know that some base departments celebrated in their own ways. The turkey, dressing and all of the fixings, helped bring a little bit of home here to us. We have so many traditions that we can share with our host nation. Many of our local national co-workers enjoyed seeing us celebrate the same holidays that our families back in the states do. Likewise, they include us in their local customs and traditions. What a great way to learn about Sicily and it's people, while sharing our own traditions.

We do have a lot to be thankful for and it's important to sit back and take the time to be introspective. We have great families and friends that support us in what we do. We belong to a free country that enables us to pursue our dreams, reach our goals and seek a better way of life. We live and work in a supportive nation with friendly, gracious hosts. I'm proud to be an American, and honored to serve our great country and our allies. I am thankful for my Shipmates that make the job easier.

Hope you all had a great Thanksgiving. Thank you for making this a great place to work! Keep it up.

The Pulse

Latex Allergies

By Lt. Christa Kuehler, USNH Sigonella

"Are you allergic to latex?" the Corpsman asks you while being checked in for your appointment. You give him a look of confusion. The Corpsman clarifies the question, "Are you allergic to balloons or gloves?" If you are like most people you still wonder what the Corpsman was talking about.

Latex allergy is an allergic sensitivity to the proteins in natural rubber latex (NRL) and often worsens with repeated exposure. Those at highest risk for developing a latex allergy are healthcare workers, children who have had multiple surgeries and people working in the latex industry.

Latex is manufactured from the milky fluid of the rubber tree, hevea brasiliensis. Man-made rubber products are manufactured from synthetic materials but these do not contain proteins that cause allergic reactions. Using various processing techniques, NRL is used alone or in combination with other materials to make thousands of products such as car tires, rubber bands, band-aids, hospital and dental equipment, gloves, balloons and condoms. The increased use of latex began in the 1980's after the epidemic of Acquired Immunodeficiency Syndrome (AIDS).

Sensitization to latex occurs when exposure to the proteins causes the body's immune system to develop antibodies to these proteins. Upon repeated exposures, the body's immune system releases increasing amounts of these antibodies, causing the symptoms of allergy such as sneezing, watery eyes, runny nose, wheezing and possibly a life-threatening emergency known as anaphylaxis. Involvement of the body's immune system and antibodies is a true allergy.

Many people experience rashes or irritated areas of skin when exposed to latex. There are two forms of dermatitis caused by NRL, contact dermatitis and allergic-contact dermatitis. The first being caused by chemicals used in the processing of the NRL and the latter being a delayed allergic response. These reactions are not considered a true latex allergy but do put the individual at risk for development of a true allergy if exposure to NRL continues.

Fortunately, only seven to 10% of the population is estimated to have a true latex allergy and prevention is the best approach to this allergy. Recognizing this potential exposure for staff and children, NAS Sigonella Child Development Centers are proactively implementing replacement of NRL gloves with nitrile gloves.

If you have questions or concerns about latex allergy talk with your Primary Care Provider.

NJP Results

An E-5 was awarded 30 days restriction (suspended six months), forfeiture of \$799 pay per month for two months (suspended six months), and reduction in rate for violating article 111-Drunken or reckless operation of a vehicle.

An E-4 was awarded 60 days restriction, reduction in rate (suspended six months), and recommendation for advancement withdrawn for violating article 111-Drunken or reckless operation of a vehicle.

An E-3 was awarded 15 days restriction, 15 days extra duty, forfeiture of \$619 pay per month for two months (suspended six months), reduction in rate (suspended six months), and recommendation for advancement withdrawn. The member violated article 134 –Sentinel or lookout: offenses against or by, article 134-Disorderly conduct, drunkenness, and article 134-Indecent language.

An E-3 was awarded 30 days restriction, 30 days extra duty, forfeiture of \$619 pay per month for two months, and reduction in rate (suspended six months) for violating article 86-Failure to go to appointed place of duty, article 134-Drunkenness-incapacitation for performance of duties through prior wrongful indulgence in intoxicating liquor or any drug.

Traffic Courts Results

A family member was found guilty for failure of operating a vehicle without the use of restraint system devices, failure to comply with host nation laws or regulations pertaining to operation or installation registration of a motor vehicle and speeding. The guilty was awarded four points on driving record and driving privileges were suspended for 30 days on the specific vehicle.

An E-5 was found guilty of driving while under the influence of narcotics of any type including alcohol and was involved in an accident where they were deemed responsible. The member was awarded suspension of driving privileges for 12 months and driver improvement program.

An E-4 was found guilty of driving a vehicle while impaired, (over .05 BAC and under .07) and was awarded suspension of driving privileges for 12 months with the exception of government vehicles in the performance of their duties as per the department's request. Member was also awarded driver improvement program.

KITCHEN KORNER

Linguini with Zucchini-Cauliflower Parmesan

By Bea Cook

Contributing writer

1 Pound Linguini — cook as directed  
1/2 Cup Heavy Cream — or half and half  
2 Tbsp Butter Or Margarine  
Salt And Pepper — to taste

2 Small Zucchini Squash — thinly sliced  
1/2 Head Cauliflower — broken in flowerets  
2 Tbsp Chicken Broth — or water  
1/2 tsp Salt  
1/4 tsp Pepper  
1/4 Cup Grated Parmesan Cheese — or to taste

Drain linguini well and return to cooking pan. Add cream and butter and stir until melted and hot. Season with salt and pepper. If desired, add zucchini-cauliflower parmesan to mix. An extra measure of cream and/or Parmesan is delicious here.

Place zucchini slices and cauliflower in a 2 quart casserole. Add chicken broth, salt and pepper. Cover and microwave at high 8 minutes or until desired tenderness, stirring once. Sprinkle with parmesan and toss to mix. Add a little more cheese and/or cream if desired.

S.A.F.

Dogs: 2

Cats: 0

Puppies: 2

Kittens: 2



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (ie. Breed, size, color or age).



# From the Fleet



## CNO Praises Stockdale Award Winners

By Chief Journalist Walter T. Ham IV  
Chief of Naval Operations Public Affairs

WASHINGTON (NNS)—Chief of Naval Operations Adm. Vern Clark presented the Vice Admiral James Bond Stockdale Leadership Award to Cmdr. John Covell and Cmdr. Peter Young during a Pentagon ceremony, also attended by the award’s namesake.

Covell, the Pacific Fleet winner, earned the award for his tour as commanding officer of the strike fighter squadron 113 “Black Eagles.” Young, the Atlantic Fleet winner, was awarded for his service as commanding officer of USS Hyman G. Rickover (SSN 709).

“This award is special,” the CNO said. “You can’t win this award unless one of your peers, somebody you’re serving with in command, decides to nominate you. Think about that. You were nominated by your peers, and peers generally are a critical crowd. So this is a real achievement.

“It’s a special treat for me to be here for this event. We look forward to this every year. It’s a time when we get to single out two individuals who have distinguished themselves in our profession. And we get to do so in the name of an American who is famous, not just in our institution, but who is so well-known in the whole of the United States of America.”

Stockdale, who served in the Navy for 37 years, earned the Medal of Honor. He was shot down over North Vietnam and spent seven-and-a-half years as the senior naval officer in captivity at the “Hanoi Hilton” prison camp. He spent four of those years in solitary confinement.

“Jim Stockdale’s writings and philosophy all converge on the central theme of how man can rise in dignity and prevail in the face of adversity. His name is all about courage,” the CNO said. “When he retired, he was the only person in our history who wore both the wings of gold and the Congressional Medal of Honor at the same time.”

The CNO added that Stockdale’s commitment is a good example for all commanding officers.

“We value command in our institution,” Clark said. “We pick people very carefully to command, and we do this for a good reason. We pick carefully, because we give commanders an extraordinary amount of authority over people that serve under them. We choose carefully, because the impact of their judgment and the decisions that they make have such an incredible impact on the people who have chosen to serve in our institution.

“This award is about recognizing the leadership effectiveness of people who are excelling in command, people who understand what our business is about. It’s about command effectiveness and mission accomplishment. It’s about making sure that the men and women who have been assigned and entrusted to their leadership are prospering and growing and developing. And that’s the way we want every leader measured in our Navy.”

## Sea-based Ballistic Missile Defense Test Successful

WASHINGTON (NNS) – The Missile Defense Agency (MDA) and the U.S. Navy completed a successful flight test in the continuing development of the Aegis Ballistic Missile Defense (BMD) element of the Ballistic Missile Defense System Nov. 21.

Flight mission-4 (FM-4) involved the firing of a developmental Standard Missile 3 (SM-3) from the Aegis ballistic missile defense cruiser USS Lake Erie (CG 70) to engage a ballistic missile target launched from the Pacific Missile Range Facility on the island of Kauai, Hawaii.

“The success of this flight test utilizing the FM-4 configured SM-3 missile is a major milestone for our naval team and the work we are doing to protect our fleet, country and allies from the threat of attack,” said Secretary of the Navy Gordon England. “Working together, planners, contractors, and the crew of USS Lake Erie successfully demonstrated the Aegis BMD system’s capability to effectively engage a



U.S. Navy photo

**Kauai, Hawaii, Nov. 21, — A developmental Standard Missile-3 (SM-3), designed to intercept short to medium-ranged ballistic missile threats, is launched from the Pearl Harbor-based Aegis cruiser USS Lake Erie (CG 70). The SM-3 missile intercepted its target three and one-half minutes after the targets launch from the Pacific Missile Range Facility, Barking Sands, Kauai, Hawaii. This was the third consecutive successful intercept in the Aegis Ballistic Missile Defense (BMD) program, part of the multi-layered Ballistic Missile Defense System being developed by the Missile Defense Agency.**

ballistic missile target.”

“This is a watershed success in the continued development of a layered ballistic missile defense program.”

The target was launched at 2:30 p.m. Hawaiian Standard Time (7:30 p.m. EST). Lake Erie, equipped with Aegis BMD computer programs and equipment, developed a fire control solution without any external sensor inputs. Within two minutes after target launch, the Aegis Weapon System fired the SM-3 guided missile. Approximately two minutes later, the missile’s kinetic warhead acquired, tracked and diverted into the target, demonstrating the Aegis BMD system’s capability to engage the ballistic missile target in the ascent phase. This was the third consecutive target intercept.

The primary objective of this test was to demonstrate the Aegis BMD system’s capability to engage the ballistic missile target in the ascent phase of flight. Extensive engineering evaluation data has been collected for analyses in preparation for future flight tests. Project officials will evaluate the data and incorporate changes as required.

With the success of the FM-3 flight test June 13, the Aegis BMD project has accelerated its flight-testing objectives. The latest test, FM-4, marked the beginning of a six-flight test series to develop an emergency deployment sea-based ballistic missile defense against short-to-medium range ballistic missiles. FM-4 is the first developmental flight test against more complex and stressing ballistic missile engagement scenarios. An extensive ground test program had already conducted successful testing of elements of the Aegis BMD system.

MDA and the Navy manage the Aegis BMD Project. Raytheon Missile Systems, Tucson, Ariz., is the prime contractor for the development of the SM-3 missile. Lockheed Martin Naval Electronic and Surveillance Systems, Moorestown, N.J., manages the development of the Aegis Weapon System installed in Aegis cruisers and destroyers.

## Military Star Card Offers Reduced Interest Rate for Some Sailors

By Kristine M. Sturkie

Navy Exchange Service Command Public Affairs  
**VIRGINIA BEACH, Va. (NNS) –** Navy Exchange Service Command (NEXCOM) wants to remind Navy personnel they might qualify for the Military Star card’s reduced interest rate. Under the special program, Navy personnel assigned to contingency areas for at least 90 days are eligible for a reduced interest rate of either six percent or zero percent on their Military Star card account.

“This program is a great benefit for certain deployed Sailors,” said Rear Adm. William J. Maguire, commander of NEXCOM. “Lowering the interest rate on their Military Star card gives them one less thing to worry about while they’re out defending our country. It was the least we could do to show our appreciation. We are always looking for ways to support our Navy family.”

The Military Star card reduced interest rate program waives the monthly payments for account holders for the duration of an assignment over 90 days to a contingency area, and interest rate charges are reduced under two options. Eligible Military Star cardholders will automatically receive a reduced interest rate of six percent and have no required payments on the card. The second option offers no payments on the card, and the interest rate is reduced to zero percent. For those customers selecting the zero percent interest rate option, their Military Star card cannot be used for the duration of their deployment. These special rates do not apply to accounts that are in a collections status when the request is received.

To participate in the program, the cardholder’s command must provide a letter or e-mail upon deployment to the Military Star Card Contact Center, identifying those eligible Sailors who are deployed within a contingency area for a minimum of 90 days. Contingency areas are defined as those considered for hostile fire or imminent danger pay listed in Department of Defense Financial Management Regulation, Volume 7A, Chapter 10, such as the Arabian Gulf.

To receive the lower interest rate, the command must fax the deploying letter to AAFES Military Star Card Contact Center at 214-312-4326, DSN 967-4326 or send it via e-mail to deployment@aafes.com. The command will need to notify the Military Star Card Contact Center if the deployment is extended past 90 days. Requests submitted by individual service members cannot be processed.

## Postal Help

In an effort to better service Post Office customers and utilize current technology, NAS Sigonella and Naval Station Rota Spain have been selected as test sites for automated mail sorting. All personnel receiving mail via either test site must insure they utilize their five digit Zip Code and plus four (plus four = your individual box number). If you have a three digit box number, insert a 0 prior to your box number making it a plus four number, example:

Rank/Rate John Doe  
PSC 812 BOX 312  
FPO AE 09627-0312

## DeCA scholarship

DeCA is proud to announce, which started Nov. 1, the 3<sup>rd</sup> Annual Scholarships for Military Children program is accepting applications. This program is administered by the Fisher House Foundation, and supported by industry partners of DeCA Commissaries. Each commissary will provide a \$1,500 scholarship for a military dependents, high school senior in their community. Information for this scholarship is available at your local commissary or can be found at the DeCA website, [www.commissaries.com](http://www.commissaries.com). Applications must be returned to the local commissary by Feb. 21, 2003.

## Santa’s Helpers

Navy-Marine Corps Relief Society is having its annual Santa’s Helpers at the Nearly New Shop, from 10 a.m. to 1 p.m., for children and 1 to 2 p.m. for adults. Your children can come to the Nearly New Shop and pick out a gift for their loved ones for only .25 per item. Santa’s Helpers will be there to assist young shoppers and help wrap their special gifts. Also, between 10 and 11 a.m., both a lucky boy and girl will win a prize. Refreshments and drinks for all who participate. If you are interested in volunteering to be Santa’s Helper or for more information, please call NMCRS at 624-4212.

## Jingle All The Way-a-Thon

On Tuesday, Dec. 10, the elementary and middle school students of Stephen Decatur will have the opportunity to participate in the Jingle All the Way Walk-a-Thon! Students will bring home information and pledge sheets. Student will get pledges for every 1/4 mile segment that they can walk. Be looking for the detailed information to come home and help your child get pledges. Encourage them to walk, walk, walk on Dec. 10. If you can volunteer on that day to help around the course, please e-mail the PTSA at [sdsptsa@yahoo.com](mailto:sdsptsa@yahoo.com). We appreciate your support!

## Santa Visits

Invite Santa to your establishment. Will come to command parties for free, call 347-9281522 or 340-0537618.

## Vita Tax Volunteers Needed

The Naval Legal Services Office (NLSO) is looking for volunteers to help Sigonellans file their taxes. The Volunteer Income Tax Assistance (VITA) needs active duty members and civilians interested in providing the economic benefits of free tax preparation and filing to shipmates. Interested persons can either sign up at NLSO or call LN1 Ignacio, Tax Officer, at 624-5258.

## Help Your Child

You can help your child who attends Stephen Decatur Elementary, Middle, or Secondary schools simply by joining the Parent Teacher Student Association this year. The PTSA is totally dedicated to supporting your child in our schools. Currently, the classes are in competition to see which can get the most parents to join, and any class that gets 100 percent participation earns a pizza party. Help your child and join the PTSA today. The cost is \$5 per parent. Membership forms were sent home, but if you need another form, check with your child’s teacher or e-mail the PTSA at [sdsptsa@yahoo.com](mailto:sdsptsa@yahoo.com).

## Flu Immunizations Schedule

Flu immunizations will be available on a walk-in basis for all active duty members at the immunization clinics on NAS I and II from Dec. 2 to 5. Family members and civilians may receive flu vaccinations at the NAS I immunization clinic beginning Dec. 9. For more information, call the Preventive Medicine Department at 624-6231.

### Fleet Reserve and Retiring benefits!

Find out about those benefits and start honing your interviewing skills and resumes by attending the appropriate Transition Assistance Class. “This Sailor’s Right” is recommended at the 12-month mark from your separation date. Spouses are also welcome to attend. To find out more, route a Special Request Chit through your Chain of Command and forward to your Command Career Counselor so they can make a quota for you.



By Alberto Lunetta  
Deputy PAO

# Italian News

## SICILIAN CULTURE AND LIFESTYLE



Photo courtesy of Catania Tourist Office

From Dec. 3 through 5, Paternò will celebrate Saint Barbara, the city patron saint. Celebrations include holy masses, processions, concerts and fireworks. Paternò's community has been showing its devotion to Saint Barbara since 1576 when a deadly plague epidemic was avoided after she was invoked for help. The highlight of the festival is Dec. 4. At 8 a.m., the statue depicting the saint and the holy relics are unveiled. Later, at 10 a.m. and at 5 p.m., the holy relics are brought in a solemn procession throughout the historic center of the town.

### Paternò religious festival

From Dec. 3 through 5, thousands of people will gather in Paternò to attend a religious festival in honor of Saint Barbara, the city patron saint. The devotion shown by the Paternò community to Saint Barbara dates back to 1576 when a deadly plague epidemic was avoided after she was invoked for help.

Yet, according to another legend, in 1780, a violent Etna eruption was only halted after Paternò townspeople carried in procession the Saint Barbara relics near the town of Ragalna on the slopes of the volcano.

Saint Barbara is invoked to grant safety from lightning, thunderstorms, and fires. Since the Middle Age, she has been regarded as the patron saint of those who are in danger of fire or explosions. Thus, she has been associated with artillerymen, fire fighters and artificers. Her image used to be placed on arsenals and powder magazines. In Italian, the ammunition magazine on a war ship is still called *Santabarbara*.

#### Life of Saint Barbara

According to one legend, Saint Barbara lived in Heliopolis in Anatolia (the Asian part of Turkey) around 286 AD during the rule of Maximius, an anti-Christian emperor. She was the beautiful and intelligent daughter of Dioscuros, a wealthy pagan nobleman and a jealous father. An ambitious man, he thought his power would increase by marrying off Barbara to a mighty prince. But she refused saying she was already devoted to Christ. Because of her stubborn refusal, Dioscorous had her locked in a tower (that is why Saint Barbara is usually represented standing by a tower with three windows, carrying the palm of a martyr or the chalice of happy death in her hands) to punish her and to keep her away from the teachings of Jesus. But Barbara was not upset with her father's decision and enjoyed her imprisonment spending her time praying with her friend Giuliana. One day, upon his return from a long trip, Dioscourus discovered that Barbara carved a cross on her bathtub and that another window was added to the tower so that the three windows might symbolize the Holy Trinity. Furious at discovering her perseverance in the Christian faith, Dioscorous threw himself with a blind impulse against Barbara who managed to escape toward a mountain and hid

behind a rock that miraculously opened and closed behind her. However, the evil father eventually caught her and dragged her before Marcian, a Roman judge who tried to convince her to give up her faith. As she kept refusing to abjure her Christian faith, Marcian decreed that she would be tortured and put to death by beheading. Thus, Dioscorus himself carried out the execution by grabbing her beautiful long hair and beheading her. Right after, God punished this cruel father, as Dioscorus was struck by lightning and his body reduced to ashes.

### Festival Schedule

On Dec. 3, a childrens' choir will sing religious chants in piazza Indipendenza at 9 p.m.

The highlight of the festival is Dec. 4. At 8 a.m., the statue depicting the saint and the holy relics were unveiled.

Later, at 10 a.m. and at 5 p.m., the holy relics will be brought in procession throughout the historic center of the town. A group of about ten "varette" (baroque styled carts containing a tall wax candle decorated with lights, small flags and statues depicting angels, saints and flowers) will lead the procession.

At noon, a firework show will be performed in piazza Vittorio Veneto.

At 10:30 a.m. and 5:30 p.m., holy masses will be celebrated at the church of Saint Barbara.

A music show by the local city Band will be held at 10:15 p.m. in piazza Indipendenza.

### Nicolosi Fall Festival

Due to the current Etna eruption, the *Estate di San Martino* (The Summer of Saint Martin, an Indian summer-type festival) Fall Festival has been rescheduled. It will now take place on Nov. 30, Dec. 1, 7 and 8. Once you attend the festival, take advantage of the free-guided tours of the Nicolosi and Catania historic center. Italian Tourist Guides Association will have English-speaking guides available to help you discovering fascinating historic sites. For more information on the fall festival and tour reservations call Nicolosi Tourist Office at 095-911505 or Italian Tourist Guides Association at 333-6558069.





	Friday, Nov. 29	Saturday, Nov. 30	Sunday, Dec. 1	Monday, Dec. 2	Tuesday, Dec. 3	Wednesday, Dec. 4	Thursday, Dec. 5
Week at a glance							

### HOROSCOPES

**ARIES:** Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles. Later in the week your boss will pat you on the back for a job well done. Uncertainties regarding your love life will surface if you have neglected your mate. Make residential changes that will lift your spirits.

**TAURUS:** You will want to complain about the injustice that is going on at work, but it is better to stay silent. Your time, not your cash, will do a lot more for your relationship. You can make new friends if you get involved in group activities. You will drive your emotional partner crazy this week.

**GEMINI:** You can get your point across and make valuable connections if you speak up at work this week. You can expect to experience delays or additional red tape if you deal with institutions. Be sure to organize events that will keep the children busy. Opportunities to expand your circle of friends will result in possible new romantic encounters.

**CANCER:** You don't like confrontations at the best of times; however, you may find them difficult to avoid. Involvement in fitness clubs will be conducive to engaging romantic connections. You can get phenomenal returns if you present your ideas to those who can back your interests. You are best to avoid joint ventures, and whatever you do, don't lend to friends or relatives.

**LEO:** Get into some activities that will help you in making new friends. Your sensitivity toward those you love will capture their hearts. Equilibrium in your romantic life is likely if you treat your partner well. Do not let the reactions of others get you going.

**VIRGO:** Try not to overreact to the bluntness of a friend, they mean well. Love relationships will flourish. Entertain those who can provide you with valuable information and knowledge.

**LIBRA:** Secret activity is evident, but nothing to be alarmed about. Changes in your residence will be favorable in the long haul. Put your efforts into being creative. Voice your opinions and contribute to the debate.

**SCORPIO:** Opportunities to get together with friends will be enlightening and entertaining. You will have a problem holding on to your cash this week. Depression may result if you don't get to do things your own way. You mustn't give too much to your children.

**SAGITTARIUS:** Mingle with individuals who are established and can give you some serious insight into business and future trends. Visitors may be likely to drop by. Don't let your emotional upset interfere with your professional objectives. Take the initiative and go after your goals.

**CAPRICORN:** You might find added popularity with those around you this week. You will be up and down emotionally. You can develop your creative talents if you take the time to practice your art. Don't reveal any personal details about yourself to strangers.

**AQUARIUS:** You can accomplish a lot if you deal with other people's money or possessions this week. Avoid letting family get involved in your personal life too much. Your diplomacy will be of utmost importance this week. Extend an invitation to clients you enjoy spending time with.

**PISCES:** If your new mate is too demanding, reconsider this union. You can change your living arrangements. Mingle with those who have similar interests, and you should be able to start something new if needed.



## THE MOVIE CONNECTION



### Theater Schedule

<b>Friday, Nov. 29</b> 5:30 p.m.: Ballisyc: Ecks vs. Sever (R) 8 p.m.: Trapped (R) 10 p.m.: Red Dragon (R)** <b>Saturday, Nov. 30</b> 11 a.m.: Harry Potter and the Chamber of Secrets (PG) 2 p.m.: The Tuxedo (PG-13) 4:30 p.m.: Barbershop (PG-13)** 7 p.m.: Red Dragon (R) 9:30 p.m.: The Banger Sisters (R) <b>Sunday, Dec. 1</b> 1 p.m.: Stealing Harvard (PG-13) 3:30 p.m.: The Santa Clause II (G) 6 p.m.: The Four Feathers (PG-13) <b>Monday, Dec. 2</b> 5:30 p.m.: Harry Potter and the Chamber of Secrets (PG) 8:30 p.m.: The Tuxedo (PG-13) <b>Tuesday, Dec. 3</b> 5:30 p.m.: Ballisyc: Ecks vs. Sever (R)** 8 p.m.: The Four Feathers (PG-13)	<b>Wednesday, Dec. 4</b> 5:30 p.m.: Stealing Harvard (PG-13)* 8 p.m.: Barbershop (PG-13) <b>Thursday, Dec. 5</b> 5:30 p.m.: The Banger Sisters (R) 8 p.m.: Trapped (R) <b>Friday, Dec. 6</b> 5:30 p.m.: Sweet Home Alabama (PG-13)** 8 p.m.: Red Dragon (R) 10 p.m.: Die Another Day (PG-13)* <b>Saturday, Dec. 7</b> 11 a.m.: Jonah: A Veggie Tale Movie (G)** 2 p.m.: The Santa Clause II (G) 4:30 p.m.: The Tuxedo (PG-13) 7 p.m.: The Transporter (PG-13)* 9:30 p.m.: Barbershop (PG-13) <b>Sunday, Dec. 8</b> 1 p.m.: Harry Potter and the Chamber of Secrets (PG) 4 p.m.: Jonah: A Veggie Tale Movie (G) 6 p.m.: Sweet Home Alabama (PG-13)
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\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing, (PNO- no children admitted)  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

#### Jonah: A Veggie Tale Movie (Not Rated)

When the singing Veggies encounter some car trouble, they're stranded at an old, rundown seafood joint where nothing is quite as it seems. As Bob the Tomato and the kids settle in to wait for a tow truck to help get their van back on the road, the "Pirates Who Don't Do Anything" share a little story about a guy named Jonah. Voices of Tim Hodge, Lisa Vischer and Bob Landon.

**Sweet Home Alabama (Rated PG-13)**


In this romantic comedy, New York fashion designer Melanie Carmichael (Witherspoon) suddenly finds herself engaged to the city's most eligible bachelor (Dempsey). But Melanie's past holds many secrets, including Jake (Lucas), the redneck husband she married in high school, who refuses to divorce her. Bound and determined to end their contentious relationship once and for all, Melanie sneaks back home to Alabama to confront her past, only to discover that you can take the girl out of the South, but you can never take the South out of the girl. Cast: Reese Witherspoon, Josh Lucas, Patrick Dempsey, Candace Bergen, Mary Kay Place, Fred Ward

### TRIVIA


How long did the first Thanksgiving last?  
Who was the pilgrim leader who invited neighboring Indians to the first Thanksgiving?  
What chief was the first to be invited to the first Thanksgiving?  
What state produces nearly half of the annual U.S. cranberry crop?  
Which country first adopted Thanksgiving as a national holiday?

(Answers on page 7)

### Best Sellers-- Body Wash



Tommy Hilfiger Body Wash  
Calvin Klein Eternity Hair and Body Wash  
Neutrogena Body Clear Body Wash  
Philosophy Strawberry Milkshake Body Wash  
Philosophy Cinnamon Buns Wash





## They did what?

### Under the hood!

45-year-old woman was arrested in San Antonio after a mechanic reported to police that 18 packages of marijuana were packed in the engine compartment of the car, which she had brought to the mechanic for an oil change. According to police, Brasher later said that she didn't realize that the mechanic would have to raise the hood to change the oil.

## Off the Rack!

### Band of Brothers

One of my friends recently told me that he didn't particularly like *Band of Brothers*, the Steven Spielberg/Tom Hanks collaboration that follows a real life company of paratroopers from D-Day to Berlin. "I liked it better when it was called *Saving Private Ryan*," he said. I can see his point. But if you really liked *Ryan* imagine 10 more hours!

The comparisons are inevitable. *Band of Brothers* takes the jumpy camera techniques and hyper-realistic battle scenes that include exploding wounds from *Ryan* and transports them from the big screen to your living room. There are 10 episodes, but don't rent them one at a time because when one finishes you will surely want to start another.

Easy Company of the 506 Regiment, 101<sup>st</sup> Airborne Division starts the series in jump school in 1942 and jumps into Normandy five hours before the beach landings on D-Day. In the first episode we're treated to a masterful show that's all about leadership – good, bad and indifferent – at all levels of the chain of command. Future installments examine friendship, loyalty, the nature of courage under fire and how soldiers in WWII dealt with the death that was all around them.

The series does have some drawbacks. As an HBO series, it is not subject to the anti-violence and language codes of network television. This is obvious in the colorful dialog used by some of the soldiers and the heavy use of special effects to bring the frightening world of the combat infantry soldier to life. Parental guidance is definitely advised, as some of the scenes are quite graphic.

As the series progresses, the viewer get to know many of Easy Company's members as they make the long trek across France and Germany, with a detour into Holland that highlights the third episode. The more you watch, the more you will feel a part of Easy Company and the more you will care about what happens to your *Band of Brothers*.

By JO1 Craig Coleman





Photo by JO2 Jay Price

## DOCTOR

*continued from front page*

He is, in a way, reminiscent of the children’s TV host – a tall, thin, grandfatherly doctor with a peculiar hobby – Capt. Myron Almond counts deaths – active duty deaths. Almond wants to save our lives by talking about death. Almond, nicknamed Dr. Death for his unorthodox safety briefings on active duty death statistics, was the keynote speaker at the holiday safety standdown held Nov. 18 – 22. Almond, who’s day job is in aviation psy-

chology at Naval Air Station Pensacola, started his Dr. Death briefings more than seven years ago when he was working at the Naval Safety Center in Norfolk. The Dr. Death Show includes a top ten list that would never be shown on the Late Show: the top ten causes of active duty deaths (they include alcohol, gun accidents, falls, drowning, exercise, crime, naval aviation, civil air mishaps, natural causes, suicide and traffic accidents). Talking about death makes many people uncomfortable, so Almond tries to inject as much humor and showmanship into the brief-

ings as possible. “Sometimes we have to be in the entertainment business to keep people awake,” he said. The Dr. Death Show is almost autobiographical. It is full of details about his life, his family and all the things that are important to him. He said that he doesn’t want to lose these things through a premature death caused by carelessness. “I came over here to talk about death because I think life is so good,” said Almond between briefings. The presentation was well received. “I saw two or three sessions and got really positive feedback from attendees,” said Robert Hall,

## Bus changes for DoDDs students

By JO2 (SW) Brian Johnson  
*Staff writer*

Recently the Department of Defense Dependents School was forced to address some transportation issues in order to accommodate the families who have moved into the newly opened Marinai housing area outside NAS II. The changes don’t affect the bus schedules or stops said Joe Grasso, a transportation specialist with the Stephen Decatur School. Grasso went on to explain the reason for the changes. “Right now the busses from Mineo are being compacted. We are moving some students to different busses to make room for the people at Marinai because the contractor who runs the buses doesn’t want to use another bus for Marinai until it will be filled with students.” The changes will continue until there are around 50 school-aged children living at Marinai. Currently there are 20 students being picked up at Marinai by two buses from Mineo. However, Grasso points out that more changes may need to be put in place in the future. “I know some parents were upset because the changes took effect quickly but the changes we made should keep us from having to make any major changes on short notice in the future,” Grasso said.

NAS Sigonella Safety Director. “I thought it was fantastic. What he’s trying to do is fracture the misconception that young people are invincible.” Other topics and speakers at the safety standdown included MACM(SW) Richard Jones’ lecture on Navy Core Values, SHC(SW/AW) D.L. Young spoke about alcohol abuse with the help of two Sailors with recent DUI experiences, Assistant Fire Chief Steve Vitek talked about holiday fire safety and Lt.j.g Lisa A. Wohlford, HM2 Tori Parker and HM3 Maria Hughes briefed on sexually transmitted diseases.

## Two cultures learn together as DoDDs and Madre Teresa join for a day



Photo by JO1 Michael Martin

Two 5th grade classes from Stephen Decatur Elementary School hosted two 5th grade classes from the ‘Madre Teresa di Calcutta’ elementary school in Belpasso. Approximately 50 Italian students and their teachers joined Mr. and Mrs. Brickley’s students for a typical American Thanksgiving feast. The American students were also entertained by one of the Belpasso boys who played the guitar while all the students sang ‘We are the World.’

## New WIC office opens for Sigonella



Photo by JO2 Jay Price

Recently, the WIC-O (Women, Infants and Children-Overseas) office opened for NASSIG through a ribbon cutting ceremony held in front of their office. The program helps low-income families in a variety of different ways. The first step is to make an appointment to see if a family qualifies for the benefits provided by WIC by calling 624-6930. All services by WIC-O are free of charge.





Photos submitted by  
contest winners



MWR Sigonella Winners Circle: ATCS Stephen Eckerd, wife Diane and children Peter and Stephanie, Ryan Sandstrom, Karina Matti, CTA2 Carole M. Adsit, HM2 Geoffrey Busscher, wife Jill and son Tyler. *Not pictured:* Family member Carlos Eckerd, Guest Kathy Gerlica, E4 Joyce R. McClure and guest IT2 Matthew Archer, ET2 Patrick M. Light and his wife Dawn and Sigonella teen Michael Thomas.



# Entering contest pays as Sigonellans win trips around the world from MWR

Stories by Marnie Akerman  
Contributing writer

## Sigonellans Win Worldwide MWR Contests

Out of ten worldwide MWR contests, eight Sigonellans were chosen as winners in the “Saluting Sailors and Their Families” contest series – perhaps the highest rate in all of Navy MWR.

The contest series began in Nov. 2001 to celebrate Military Family Appreciation Week and has continued throughout the year with grand prize all-expense paid trips to hot spots like New York City for New Year’s Eve and Dublin, Ireland for St. Patrick’s Day.

In celebration of Military Family Appreciation Month, MWR Sigonella recently awarded “MWR Winners Circle” jackets to the local winners and learned about their experiences.

### Garth Brooks concert aboard the USS Enterprise: Thanksgiving 2001

ATCS Stephen Eckerd, wife Diane and children Carlos, Peter and Stephanie were one of 28 families worldwide who won an all-expense paid trip to Norfolk, Va. for a special Garth Brooks concert and Thanksgiving feast.

They received the royal treatment from start to finish, beginning with a stretch limo upon arrival.

According to Diane, “MWR went all out and didn’t cut any corners. When they said all-expense paid, they really meant it. They even gave us special blankets during the concert because it was quite cold.”

The invitation-only concert by country superstar Garth Brooks had a few surprises

of its own with special performances by Trisha Yearwood and Jewel. The entire concert was televised nationwide and even resulted in a few seconds of fame for the Eckerds.

“I was on national TV! My family and friends were calling to tell me that they saw me. Definitely an amazing experience,” said Diane.

### Sand and Slopes: British Columbia & Bahamas

“If I ran MWR for a day...” When put on paper, that daydream resulted in ten days of paradise for ET2 Patrick and Dawn Light, winners of the “Sand and Slopes” essay contest last May.

“I didn’t quite know what to do when I got the email saying that I’d won this contest. I had to read it a few times and even then I couldn’t believe it,” said Patrick. The Lights were transported from Sicily to the deep powder of British Columbia for four days of the ultimate skiing in Whistler.

Put in Patrick’s words, “MWR pulled out the stops with some of the best dinners that I have ever experienced. One night we even took a snowmobile ride to the top of the mountain for a fondue dinner...how nice is that!” Well, it got even better. The next stop was Paradise Island in the Bahamas for six nights at the luxury resort Atlantis.

According to Patrick, days were spent “swimming with dolphins, feeding sharks, snorkeling, taking a speed boat ride to a deserted island, where we were able to feed sting rays...right out of our hands!” The Lights have since moved from Sigonella and are currently stationed in Washington D.C.

### Navy Teen Camp Scholarships

Forget Camp Hiyawatha. MWR Teen

Camp Scholarship winners spent their summers learning to sail in the Caribbean, photography in Hawaii, filmmaking in LA and more.

Sigonella teens Ryan Sandstrom, Karina Matti and Michael Thomas were among the 121 Navy Teens worldwide who won scholarships to the camp of their dreams – all-expenses paid. More than 1,000 Navy youth completed the three-part application consisting of basic personal information, their participation in teen programs on base and a 150-word essay.

For Ryan Sandstrom, a summer of in-line skating was his dream. Sandstrom selected Woodward X-Sports Camp in Pennsylvania, a premier extreme sports camp with the most aggressive training program and facility for skateboarders, Freestyle BMX riders and in-line skaters. “There were tons of ramps and a great park – it was way more than I expected, very cool,” said Sandstrom, who spent a week at the camp.

Karina Matti got her fill of soccer at the Lake Placid Soccer Centre in New York where, according to Matti, she “ate, played soccer, ate, played soccer, ate, played soccer and then started a new day.” The weeklong camp was full of practice sessions and matches, which culminated in a mini World Cup competition.

Michael Thomas attended the Columbia Gorge School of Theatre Camp in Washington with training in acting, music, singing, dance, voice and TV/film acting.

### “Monumental Fourth” – Independence Day in the Nation’s Capitol, Washington D.C.

During the 226<sup>th</sup> anniversary of the Declaration of Independence, Sigonellans ET3 Joyce R. McClure and CTA2 Carole M. Adsit were among the twelve “Monumental Fourth” contest winners who visited major historical

sites and dined in historic landmarks in our nation’s capitol.

McClure and her guest IT2 Matthew Archer and Adsit with her sister Kathy Gerlica, were greeted like VIPs at the airport by chauffeur-driven town cars and escorted to the luxury Willard Inter-Continental Hotel.

Adsit explained, “More than anything, I was so surprised by the VIP treatment...all the extras like gifts in our room each day, the radios provided during the fireworks show...and then there was the presidential yacht!”

MWR staff surprised the winners with a once-in-a-lifetime opportunity to dine aboard the USS Sequoia presidential yacht – a 104-foot boat built between 1923 and 1925 used by almost every president between Hoover and Carter.

All winners agreed that the trip was truly “monumental.”

### Holiday on the High Seas for Thanksgiving 2002

For the Busscher family, spending Thanksgiving at sea is not such a bad thing.

HM2 Geoffrey Busscher, wife Jill and 10-month-old son Tyler will set sail on *Royal Caribbean’s® Voyager of the Seas* and tour the Western Caribbean with six other lucky Navy families for a trip-of-a-lifetime!

Departing from the Port of Miami, the cruise will make stops in Hispaniola, Jamaica, Grand Cayman and Cozumel for the most unique Thanksgiving holiday. Bon voyage!

If you haven’t won yet, here’s the good news – Navy MWR is continuing the “Saluting Sailors and Their Families” contest series.

The next contest is “Win a Vacation for Your Valentine” from ITT and Sigonella is guaranteed to have a winner! Remember, you can’t win if you don’t play! Stop by ITT on NAS I to register. Good luck!

## X-mas safety tips

### Article courtesy of NASSIG Fire Department

The NASSIG Fire and Emergency Services Department would like to wish everyone a happy holiday season and relate some fire safety tips about space heaters, cooking concerns, Christmas trees, decorations, etc. Unfortunately, the Christmas season is a busy time for fire fighters because holiday activities lends themselves to change our usual daily routines and often create favorable conditions for fires to occur, as opposed to the rest of the year.

Unattended cooking, combustible decorations, additional space heaters, extension cords, candles, fireplaces, and highly combustible live Christmas trees are typical causes for fires during the holiday season. Here at Sigonella, we would like to relate some fire safety tips that could reduce your risk of having a severe fire.

#### Cooking:

Turkey and ham contain a lot of grease. Bake at medium heat and have a container large enough to contain seepage, use middle rack in oven if possible.

Do not leave cooking unattended, especially when out shopping. Turn pot handles in, beware of loose or dangling sleeves over burners.

In event of a flash fire in the oven, close the oven door, secure gas or electricity and open a window. Check your “bombola” hose and connections. Keep an eye on children at home during school holidays. Report all fires immediately to the Fire Department at 095-861911.

#### Decorations:

Keep paper and other combustible decorations away from stove, fireplace, heaters, candles and hot lights. Use peanut size, low intensity bulbs for window and tree lighting. Discard brittle, frayed or crimped electrical cords and minimize the use of extension cords. Carefully place transformers as not to

The difference between a good or bad holiday...

come in contact with Christmas tree skirts or packages. Secure tree lights, candles or fire-place before going to bed. “Lit” candles are not authorized for use in the BOQ/BEQ barracks.

#### Christmas Trees:

“Live” (cut) Christmas trees are not authorized to be in the barracks rooms, hallways or in unsprinklered buildings aboard NASSIG. Those occupying “block” Navy housing such as Mineo or Paterno may have live trees, but should use extreme caution in positioning and decorating your tree. The following are some safety tips.

- Purchase Christmas trees early and keep them outside in a pot of water until ready for decorating. Trees will dry out when exposed to heat in the home.

- A 2 inch clean cut off the base of the tree will help water absorption.

- Do not spray “aerosol scents” or “snow frost” on trees while trees are lit. Do not place Christmas trees near an open stairwell or exit escapes.

- Check your smoke detector and replace the battery if necessary.

- Discard boxes and wrappings to outside trash after ceremonies.

- Keep your tree 36 inches from candles, bombola / electric heaters, the fireplace and radiators.

- Check and fill tree stand reservoir daily.
- Discard crimped, frayed or spliced tree lighting cords. Use peanut size low intensity bulbs.

- Do not leave tree lights on overnight.
- Ensure the circuit breaker at tree outlet is functional.

- Ensure dry needles don’t fall into surge suppressor outlet holes or onto hot transformers.
- If using a transformer, keep it away from tree skirts, wrappings, and other combustibles that are usually found under or around the tree

stand.

- Live cut trees should be discarded after 30 days of use.

- Consider using a fire-resistant artificial tree instead of a cut /drying tree.

- Check or replace the battery in your smoke detector.



## Sigonella Pride Day II

By JO1 Craig Coleman  
*Assistant PAO*

Picking up trash has never been more rewarding.

The base holds its second Sigonella Pride Day on Dec. 4 10:30 a.m.-12 p.m. and participants can win in three ways – they can win free prizes, they can have a cleaner place to work and live and they can be authorized 24-hour liberty subject to supervisor approval.

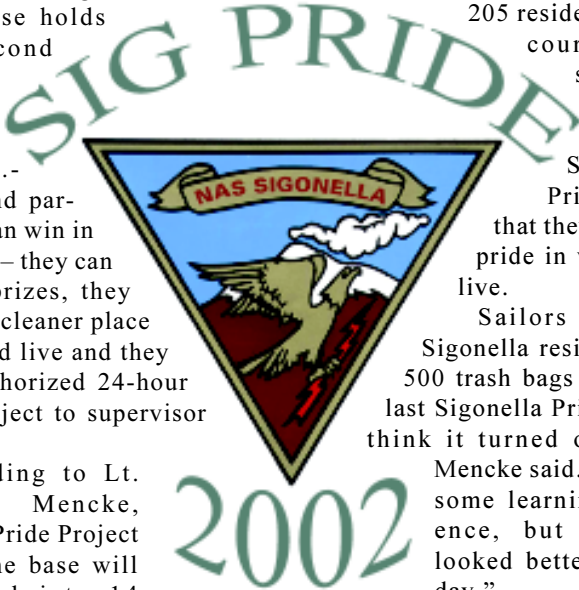
According to Lt. Todd Mencke, Sigonella Pride Project Officer, the base will be divided into 14 zones. There are six zones on NAS I, six on NAS II, one in the COMSTA area and, for the first time, a zone at the 205 housing complex. “AK1 William Fleming like what we did with the base in

the last Sig Pride Day,” Mencke said. “He wrote a letter to the commanding officer saying that it would be good to do something like that for 205.” Commands that have

205 residents are encouraged to send them to the 205 zone on Sigonella Pride Day so that they can show pride in where they live.

Sailors and Sigonella residents used 500 trash bags during the last Sigonella Pride Day. “I think it turned out well,” Mencke said. There was some learning experience, but the base looked better the next day.”

The goal of Signella Pride Day is to make the base look better all the time. “We want to change the mindset on base,” Mencke said. “We want it to me more normal to pick up trash on a daily basis.”



## Navy stands up center for service support

By Lt. Andy Gist  
*Navy Supply Corps School Public Affairs*

**CENTER FOR SERVICE SUPPORT, ATHENS, Ga.** – One of the latest products of the Navy’s Revolution in Training, the Center for Service Support (CSS), provisionally stood up operations October 1, 2002. The Navy Supply Corps School (NSCS), Athens, Ga., is the site of the new learning center, which is designed to be the knowledge manager for 16 enlisted ratings (AK/SK, DK, DM, JO, LI, LN, MS, MU, NC, NCCR, PC, PH, PN, RP, SH, YN).

The supply school’s record of training excellence and focus on service oriented training, including logistics and supply, make Athens a natural fit. The CSS will be directly responsible for the personal and professional career development of more than 46,000 enlisted Sailors in the logistics, administrative, and media ratings. The center will be responsible for developing and maintaining the highly detailed professional development continuums that define the knowledge, skills, and abilities (KSA) Sailors must

master to achieve specific career milestones. The center will also be responsible for developing and delivering the tools and opportunities Sailors need for their personal development. The center will be responsible for the curriculum, maintenance, and delivery for all training elements that currently deliver logistics, administrative, and media ratings training.

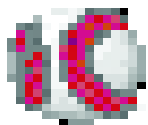
“The center is new business for NSCS, but its location in Athens is a testament to the reputation of the school as a center of excellence in Navy education and training,” said CSS Commanding Officer Capt. Bob Monette, who will continue to guide the NSCS as its commanding officer as well. “I highly encourage everyone involved in these enlisted communities to go to the Website and see what we are doing and provide feedback. The revolution is for Sailors, we need Sailor input to be successful.”

To learn more about the Center for Service Support and the Navy’s Revolution in Training, log onto <https://www.nko.navy.mil>

### Al-Anon Meeting

On Dec. 2 at 7 p.m., there will be an Al-Anon meeting for family and friends of alcoholics. Held in building 447, or the Command DAPA Office lounge, the meeting will express positive ways to vent and release. The meeting is open to all military, dependents and civilians. Call the DAPA Office at 624-6921 for details.





# SIG SPORTS

## Billy Kilmer Quarterback Challenge

Saturday, Dec. 7, from 10 a.m. to 2 p.m. Test your accuracy, distance and agility on the NAS II Ballfield. Free for all participants! Prizes will be awarded to the top three men and women.

## Jingle Bell 5K and 10K Fun Run.

Saturday Dec. 14. Registration begins at 8 a.m. and the race starts at 8:30 a.m. in the AFN Parking lot on NAS I. Pre-register at the Fitness Centers, \$10 prior to event and \$15 the day of the event. T-shirts for all and awards for the top finishers. This is a Captain's Cup event.

## Recreational Boxing

Every Thursday from 6:30 p.m. to 8:30 p.m. at Activity Zone on NAS I. Participants must be 18 years or older. Call Chaplin Creider at x4295 for more information. Free!

## Group exercise classes

### Circuit

Challenge yourself to a great cardio and strengthening workout all in one class. Go back and forth between cardio work to strengthening exercises using body bars, dumbbells, exercise bands, the stability ball and the Reebok step. (NAS I)

### Firm and Burn

Tone up your whole body using dumbbells, bands, etc. This class focuses on higher repetitions and light weights. Perfect for any fitness level. (NAS I)

### Kickboxing Aerobics

This class burns calories, tones muscles, and improves flexibility through punches, kicks, and other boxing-based moves. You'll train your abdominals, upper and lower body throughout class. (Mineo)

### Kid Boot Camp

Children age 7 and up can join this class for some fun exercise. Class consists of fun children's activities like somersaults, crab soccer, and other hand-eye coordination games. This class is a great way for kids to burn off that extra energy. (Mineo)

### Power Flex

Get strong, shapely muscles using Body Bars, dumbbells, exercise bands, the Reebok step and the stability ball. Work all your major muscle groups each class. Feel the burn!(NAS I)

### Power Walk

Meet by the Mineo gym for an outdoor power walking class. Feel free to bring your stroller or dog along with you. Learn how to burn calories and tone your lower body through this structured walking class. (Mineo)

### Step

Have fun learning basic to intermediate choreography on the Reebok step. Cardio, toning and abdominal work included in this hour-long class. Great for any level participant. (NAS I & II)

### Spinning

challenging cardiovascular workout on specialized indoor bicycles. Burn serious calorie and tone those legs with 40 minutes of Spin, followed by abdominal work and stretching. Classes are limited to 9 participants, so call ahead or come in early to get a bike. (NAS I & II & Mineo)

### Step/Sculpt

Hi/lo and step aerobics with more dance-based moves. Basic to intermediate level class. Abdominal training and toning exercises follow the aerobics segment. Class meets in Mineo only.

## Racketball Tourney Results

C League	Champion 2nd 3rd	McMahon - PWD Rodriquez - COMSTA Chavez - OPS
B League	Champion 2nd 3rd	Bitar - XO Day - Hospital Boritzki - PAO
A League	Champion 2nd 3rd	Updike - AFN Bitar - XO Day - Hospital



Photo by PH3 Richard W. Williams

On board Naval Air Station Sigonella VP-16 officers in black played against the enlisted in blue in the flag football playoff tournament. The enlisted won the game against the officers 18 - 00.